

VOICE ^{OF} _{THE} RESIDENTS

VOL. XVIII, NO. 5

BROADMEAD, COCKEYSVILLE, MARYLAND

JANUARY, 1997



The Staff of the VOICE of the RESIDENTS

wish you Godspeed on your voyage
through the Unknown and Uncharted
Seas of the New Year.

May this adventure be filled with the
joy of living.

Day by day may you discover among
your fellow passengers companions
loving and true—real comrades who
know the value of the larger heart
and kindlier hand.

Broadmead . . .

Apartment Changes . . .

Helen Dost from D-9 to T-312
Katherine Dost from D-9 to T-314
Emma Thomas from P-9 to T-307

* * *

SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann, Chairman
General Program Committee

Saturday, January 4, 7:15 p.m.

DR. ROBERT LISLE

"Photography Remembered"

A Portrait of Early Photography

Saturday, January 18, 7:15 p.m.

HANK KAESTNER

"Our DAM China Trip"

* * *

THURSDAY OPEN FORUM

by Nydia Finch

January 9 - 10:30 a.m.

Speaker: William R. Pace

Executive Director,

World Federalist Movement

Topic: WINNING THE WAR, LOSING THE
PEACE: THE LEGACY OF THE 20TH
CENTURY

January 16 - 10:30 a.m.

Speaker: Barry Rascovar

Deputy Editorial Page Editor, *The Sun*

Topic: MARYLAND'S POLITICAL
LANDSCAPE

January 23 - 10:30 a.m.

Speaker: Patricia W. Romero

Professor, African History

Towson State University

Topic: AFRICA IN TURMOIL

January 30 - 10:30 a.m.

Discussion of Professor Romero's talk

Leader: Dr. Richard Doss

MOVIES ON TUESDAYS AT SEVEN

by Ellie Hobelmann and Catherine Palmer

Frank Hijikata, *Chairman*

1/7 VERTIGO 1958 128 min. ****

James Stewart and Kim Novak

Alfred Hitchcock's dream-like thriller about a retired police detective with a fear of heights who has been hired by an old chum to keep an eye on his wife.

1/14 COLD COMFORT FARM 1995 95 min. ***

Eileen Atkins and Kate Beckinsale

John Schlesinger's heartwarming and charming comedy about a well-bred young woman who goes to live with distant relatives in their spooky old farm.

1/21 AN AMERICAN IN PARIS 1951 115 min.*+**

Gene Kelly, Leslie Caron, Nina Foch

Musical, based on a Gershwin score, tells of artist Kelly's dilemma in pursuit of gamine Caron and wealthy Foch. A superb production full of wonderful songs and dances.

1/28 HOMECOMING 1996 105 min.

Anne Bancroft

Story of a young woman who thought her life was over until she returned home where her life found a new beginning. Bancroft's performance is engrossing and heartwarming.

VESPERS

+

Sunday, January 19, 1997

4:30--5:00 p.m.

+

in the Lounge

* * *

CONCERTS IN THE LOUNGE

Residents Association Music Committee

Judy Johnson, Chairman

Watch the board for latest programs

* * *

Camera Club Meeting

Friday, January 10

in Lower Lounge-10:30

Seasoned, or beginner?

Join the group for

discussion and information

Let's Sing!

with HARRY JONES
OLD FAVORITES

Thursday, January 9 - 7:00 p.m. in the Lounge
JIM WILLAN & MARY LOU MOON accompany

DijiKnow?

The Hoover Awards, endowed by a gift of Doctor Samuel H. Hoover of Broadmead and the late Elsie Isabel Wright Hoover, given to students demonstrating a commitment to higher education, scholastic aptitude, and need, went for 1996-1997 to twelve Western Maryland College scholars.

* * *

It's a Shoe-in ...

Thanks to Doctor Paul Meissner, *J. R. Shoe Repair* will pick up for repair and comfort any shoes left at Dr. Meissner's Broadmead office. For service, phone J. R. at (410) 560-0046.

Whodunit?

One of our Residents—in a London Fog raincoat—arrived at the Coffee Shop. When he tried to leave in a London Fog he discovered that his had been exchanged for a similar coat of a different size.

Join the hunt! Check your closet! Check with early December guests who might have switched. This is one Fog we're sorry to see lifted! Dispatch any clues to (410) 527-0678 or to box A-13.

—Max. Sauerwein

Let's Dance!

Big Bands of Yesteryear in Stereo

Eddie Slaughter, *Chairman*

Dances will be held on the second Monday of the month. Come to dance, or just to enjoy the music.

7:00 P.M. in the Lounge

MONDAY, JANUARY 13TH

ADVENTURES IN LEARNING

Dorothy Clapp, *Chairman*

To pursue the subject of the Molly Edgar talks last fall, "Medieval Art at the Walters," Adventures in Learning will in February and early March offer three mid-winter lectures and a field trip. Mrs. Shriver Simpson, Walters curator, plans three slide lectures on *When East Meets West: The Arts and Culture of the Medieval Islamic World and their European Connection*. Watch for fliers in January.

DOC IN A BOX

—John B. De Hoff, M.D.

Health Care Education Subcommittee

SLEEP, AN AGE-OLD WORRY

"Sleep is that golden chaine that ties health and our bodies together," said Thomas Dekker four centuries ago. Friedrich Nietzsche believed that "no small art it is to sleep." Yet, many adults report moderate trouble sleeping one or more nights a week, often in cycles when their internal "sleep clocks" don't match the sun's 24 hour periodicity.

Disordered sleep may be part of more than 80 sleep disorders that include both insomnia and sleepiness. Poor sleep timing or personal problems disturb sleep as do alcohol abuse, depression, asthma or sleep-related breathing difficulties, and frequently any concurrent illness.

Prescription drugs can cause excessive sleepiness or impaired alertness, judgment, and coordination, so critical for safe driving. Medications to watch out for include sedatives and other anti-anxiety agents, analgesics, cold remedies and muscle relaxants; also long term drugs used to treat allergies, depression, and hypertension

Nearly all sleep disorders can be diagnosed and treated but medical students typically receive scant education about sleep disorders over their four years. National efforts are being made to ensure that all medical schools include ample instruction in the diagnosis and treatment of persons who suffer from sleep-wake disturbances.

Mildly disordered sleep often can be remedied by changing one's sleep habits. Keep regular sleep hours and get up at the same time every day. Limit naps to 30 or 40 minutes and only if nighttime sleep is not disturbed. Avoid caffeine, alcohol, and nicotine near bedtime. Jot down any persistent problems and possible solutions before going to bed, put these in a box or envelope and close them until morning. Discard idle nocturnal musings in an imaginary wastebasket. Reduce a problem person to large doll size and put it away like you once did your toys. Be sure to use sedatives very carefully and only when directed by a physician.

Poor sleep or sleep disruptive habits may need moderate counseling that provides sleep hygiene advice. Other sleep disorders such as obstructive sleep apnea (OSA), anxiety, depression, or a serious illness clearly will usually require medical intervention, perhaps with additional evaluation by a sleep specialist.

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M*S*S*H Men's Saturday Social Hour

John De Hoff and Mel Spragins, Coordinators

At 9:30 a.m. on Alternate Saturdays in January

January 11: **DR. RICHARD DOSS**

Reflections on a three-year sojourn in Africa

January 25: **DR. CHARLES HOBELMANN**

Layer After Layer—An eggasperating eggspierience

Turning Point

Before today's first glimmer
of dawn our migrant sun
completed its descent,
sank to its lowest point
beneath the equator
bestowing upon us
that shortest of days
dreaded throughout
the diminishing
light of fall.

Through frosted windows
a frigid landscape. Finches
flit from snow-covered
cedar, holly and lilac,
flutter about the feeders
competing with acrobatic
squirrels. Jays and juncos
search the ground for discards.

On the hillside icy branches
of a tall tree glisten
in flickering rays of noonday
sun, myriad of rainbow
sparkles, promise perhaps
of brighter days, of first green
shoots, snowdrops and crocuses.

This evening we will light
candles, drink sherry
to warm us and welcome
this astronomical New Year
as the sun slowly begins
its northward journey.

Lynn Buck

FOR
FURTHER
READING

A selection of recent additions to the Library.

REFERENCE

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Oxford dictionary of quotations. 1966.

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Helpern, Milton. Autopsy. 1977.

Kendall, Paul Murray. Louis XI. 1971

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Lindsay, Philip. The tragic king, Richard III. 1934

Luke, Mary M. Catherine, the Queen. 1967.

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Mitford, Nancy. The letters of Nancy Mitford. 1993.

O'Toole, Peter. Loitering with intent. 1992.

Russell, Don. The lives and legends of Buffalo Bill. 1960.

Shultz, George Pratt. Turmoil and triumph. 1993.

Taber, Gladys Bagg. Stillmeadow calendar. 1967.

Wright, Constance. Daughter to Napoleon. 1961

* * *

ALL INVITED

WEDNESDAY, JANUARY 8th

1:30 p.m. - Auditorium

*Follow-up meeting to
Mel Spragins' November 25 presentation re:
Health Maintenance Oversight
Concerns / Questions will be answered by
Pat Graham and Mel Spragins*

African American Leader addresses the

Open Forum

Mrs. Avis Ransom, a businesswoman, gave a very thoughtful and impressive talk to the Open Forum on December 19, on the subject of "Issues Facing African Americans Today." An activist in community affairs in Baltimore, Mrs. Ransom is the owner and principal consultant of R & B Unlimited, a management consultation firm that assists businesses in their management problems and in economic development planning.

The speaker said that in her volunteer activities dealing with African American communities, especially in low-income areas, she has talked with teenagers, adults, and senior citizens in order to learn what issues are important to them. Her basic conclusion is that people of color identify the same problems as all other Americans. She found that at all ages people worry about health, jobs, education, and safety. The important difference is that people of color find that racism sets them apart in the experiences they encounter in each of these problems.

Taking first the concerns about health, the speaker said that many blacks, including those of middle class status, often have to do without health insurance. She attributed this to lower wages and salaries, and to discriminatory rates banks charge for loans to black applicants. In the health care delivery systems, lower quality care is provided. And she cited the charge made in the news media that drug problems of inner city black communities were exacerbated by agencies like the CIA which sold drugs to dealers in the black community to raise money for illegal activities in support of the contras during the Nicaraguan civil war.

According to the speaker, this is also true in public education, where inner city schools suffer from discriminatory underfunding. In the employment sector, higher unemployment rates, low levels of jobs being held by blacks and the low wages paid to employed blacks speak to a pervasive racism which has not been overcome.

The problems of safety also mirror the unequal status of African Americans. They cannot feel as safe in their homes or on the streets and in their cars. The prevailing sentiment among them is distrust of the police. There are daily news reports that tell why blacks cannot regard the law as responsive to their just complaints.

Mrs. Ransom touched on affirmative action briefly. She noted the opposition that has developed to these programs. It is clear, she noted, that quotas do not work. Yet there is still not a "level playing field." She asked whether the centuries-long discrimination against blacks should be thrust aside. Will this not result in strengthening entrenched racism?

Mrs. Ransom has high hopes that racism can be challenged. It will not happen if the proposed solution is "cultural diversity" programs. These only touch surface feelings. What needs to be tried are programs that will engage people and their feelings more deeply. Religious institutions ought to make this a priority and involve their congregations, black and white, in thinking and working together on projects. We have to try to affect the hearts and minds in an ongoing, intensive commitment.

—Abe Makofsky

Throwing Light on the Subject

by Sarah Cooper

As darkness began to fall earlier and earlier in December, Broadmead tried to compensate. Residents put lights in windows and festooned bushes in their gardens with strings of bulbs that lit up at night. Some clusters adorned the trees in their quadrangles which bloomed in unaccustomed brightness at dark. There was even a light high up overlooking the Trail. We use the word *light* in everyday speech to indicate understanding, to symbolize life, or to represent the force that "unmasks falsehood."

We say a person stands in his own *light* when he fails awkwardly to accomplish some task. Our favorite companion becomes the *light* of our lives, and the "*light* of a whole life dies when love is done." Religiously, we ask *light* to "lead kindly," and patriotically, we sing of the "dawn's early *light*." We hope, still with patriotic fervor, that "freedom's holy *light*" will continue to brighten our land. Along with Kate Smith, we used to ask that our country be guided with a "*light* from above," all to no effect. What we really want is not virtual light, not electrical or poetic versions of it, but actual day.

We have survived a wet spring, summer, and fall. The worst of winter lies ahead, but there is hope. The "day is always coming when the birds go north again," and the Trail Committee has already set the date for its big event in April:

Trail Day—April 16 (rain, 18)

THE BROADMEAD TATTLER

(A Conversation Piece)

by Emily Schlesinger

XV

1. Which Resident is matriarch of—
4 sons
12 grandchildren
24 great-grandchildren
1 great-great-grandchild
2. Which Resident couple has triplet
granddaughters?
3. Name a Resident born in—
Berlin Brussels Vienna
4. Which Resident secured her private pilot's license
in 1940 and recently flew in a sail-plane?
5. Which Resident coached crew and taught modern
dance at Wellesley?
6. Which Resident, during the attack on Pearl Harbor
in 1941, was aboard a luxury liner en route
from Honolulu to Los Angeles?

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Broadmead Residents Association,
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Harry S. Scott, Jr., *Editor*

Nydia Finch, *Editorial Assistant*

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In Memoriam

MARION T. CONNER

February 1, 1905 - November 25, 1996

ERNESTINE H. GARDNER

March 30, 1915 - December 10, 1996

CATHERINE C. M. TAYLOR

March 13, 1899 - December 10, 1996

PEGGY E. PAUSE'

November 23, 1923 - December 11, 1996

ELISABETH G. YOUNGS

September 11, 1899 - December 14, 1996

THELMA G. GREEN

July 28, 1903 - December 16, 1996

EMILEE McARTHUR

April 12, 1907 - December 16, 1996

CALEB WINSLOW, SR.

July 1, 1889 - December 16, 1996



Broadmead

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